



**HKU  
Med**

LKS Faculty of Medicine  
School of Nursing  
香港大學護理學院

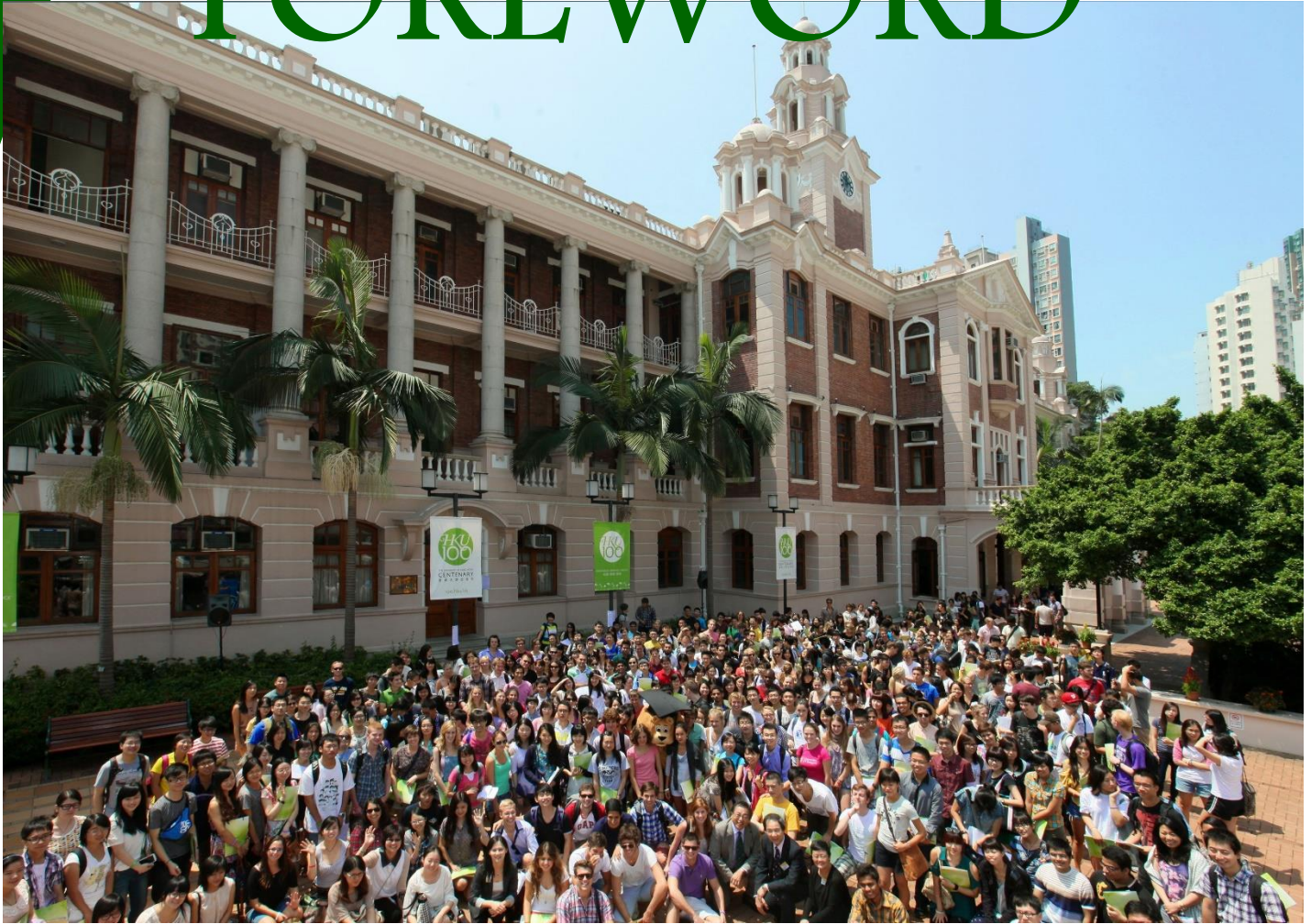
# Incoming Student Exchange Programme

Osaka University

2024.03.18~03.28



# FOREWORD



**Internationalisation** is one of the strategic themes for teaching and learning in the University of Hong Kong, with a view to enabling students to develop their capabilities in intercultural understanding and global citizenship (Quality Assurance Council, The University of Hong Kong). In line with this, the School of Nursing of The University of Hong Kong provides international exchange opportunities for incoming exchange students. It is believed that these opportunities can help widen students' international perspectives.

The objectives of the incoming exchange programme are:

- 1) to get incoming students familiarize with the supportive learning environment of the School;
- 2) to facilitate incoming students to experience a well-rounded campus life;
- 3) to allow incoming students to identify the differences between health care systems in Hong Kog and in their home country;
- 4) to enable incoming students to gain the unique cultural experience in Hong Kong.



# School of Nursing The University of Hong Kong



The HKU School of Nursing, established in 1995, has benefitted from the achievements of its visionary stewardship over the past quarter century, and it is now timely to focus on building for our nursing future in this age of accelerated technological innovation, global uncertainties and challenging health priorities.

The School of Nursing is committed to fostering future nursing leaders in clinical practice policy, education and research who will spearhead innovation, adapt to change and nurture sustainable development. These capabilities will be critically important as we move towards even more complex, technology enabled and rapidly changing modes of health care. Our interprofessional education programme is extremely important in the preparation of leaders for these multifarious environments. It enables us to provide students aspiring to leadership roles with the knowledge and skills to participate proactively in interdisciplinary teams, where they collaborate, communicate and share resources to solve complex health problems. Together with our excellent clinical programme, graduates with this background are in an excellent position to engage in a range of advanced practice and other clinical leadership roles. The School has partnerships with many universities around the world which enable student exchange and joint research endeavours. Permeating all our education endeavours is a commitment to research and scholarship. Our graduates have a rigorous research mindedness and are well prepared to engage in interdisciplinary collaborative research. A strategic aim of our researchers is to contribute to improvements in healthcare and public health through working with big data to enable precious personalized health care.

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## **General Information**

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# Schedule

Week	Date	Time	Activity	For Undergraduate	For Postgraduate	Venue	
						Building	Room
1	MON 2024.03.18	10:30-12:20	1) Welcoming meeting - Introduction of Osaka U - Introduction of HKU 2) School tour	✓	✓	3SR	Rm301
		12:20-13:20	HKUSON Lunch	✓	✓	3SR	Rm301
		13:30-16:20	<u>Lecture</u> (NURS4603) Essential Statistics Topic: Chi-square Test	✓	✓	3SR	LT2
	TUE 2024.03.19	AM	Free study time	---	---	---	---
		14:30-16:30	<u>Experiential Learning</u> Visit to United Christian Nethersole Jockey Club Wo Lok Community Health Centre	✓	✓	---	---
		18:00-20:00	DNurs Students Presentations	✗	✓		
	WED 2024.03.20	AM	Free study time	---	---	---	---
		PM	Main Campus Tour & HK City Explore	✓	✓	---	---
	THU 2024.03.21	08:30-10:20	<u>Lecture</u> (NURS4604) Community & Global Health Nursing Topic: Communicable disease control in local and global perspectives: TB DALY analysis	✓	✓	3SR	LT1
		10:30-12:20	<u>Lecture</u> (NURS2601) Nursing for Adults Topic: Systemic Lupus Erythematosus, Myasthenia Gravis	✓	✓	3SR	LT2
		12:30-14:00	RPg Seminar	✗	✓	3SR	Rm403
	FRI 2024.03.22	AM	Free study time	---	---	---	---
		13:30-15:20	<u>Lecture</u> (NURS4604) Community & Global Health Nursing Topic: Communicable disease control in global perspectives: Sexually transmitted infections	✓	✓	3SR	LT1
		15:30-17:20	<u>Nursing Skill Lab session</u> (NURS1601) Health Assessment Topic: Assessment of skin, hair & nails; Nutritional assessment; Blood glucose testing	✓	✓	3SR	tbc
		18:00-21:00	<u>Lecture</u> (NURS7204) Advanced Practice Roles Topic: Advanced nursing practice in renal care	✗	✓	3SR	Rm403

# Schedule

Week	Date	Time	Activity	For Undergraduate	For Postgraduate	Venue		
						Building	Room	
2	MON 2024.03.25	08:30-10:20	<u>Lecture</u> (NURS1601) Health Assessment Topic: Assessment of central nervous system	✓	✓	3SR	LT1	
		10:30-12:20	<u>Lecture</u> (NURS1602) Health Promotion & Education Topic: Introduction to Primary Health Care and Primary Health Care Initiatives in Hong Kong	✓	✓	3SR	LT1	
		13:30-15:20	<u>Lecture</u> (NURS4603) Essential Statistics Topic: Correlation and Simple Linear Regression	✓	✓	3SR	LT2	
		15:30-16:20	<u>Nursing Skill Lab session</u> (NURS2601) Nursing of Adults Topic: Stoma Care, Bandage, logroll, use of immobilizers	✓	✓	3SR	Rm311	
		18:00-20:00	<u>Lecture</u> (NURS8207) Advanced Practice in Public Health Nursing: Assessment of Aggregate Need Topic: Advanced Nursing Practice under the Evolution of Primary Care Development in Hong Kong	✗	✓	3SR	Rm402	
	TUE 2024.03.26	09:30-11:30	<u>Experiential Learning</u> Visit to United Christian Nethersole Jockey Club Wo Lok Community Health Centre	✓	✓	---	---	
		PM	Free study time	---	---	---	---	
	WED 2024.03.27	08:30-10:20	<u>Lecture</u> (NURS2601) Nursing for Adult Topic: Kidney Diseases 3: Nursing Management of Peritoneal Dialysis, Haemodialysis	✓	✓	3SR	LT2	
		10:30-11:20	Simulation Centre visit	✓	✓	3SR		
		PM	Free study time	---	---	---	---	
	THU 2024.03.28	18:00-19:00	<u>Lecture</u> (NURS8268) Child and Adolescent Health Nursing Topic: Child Protection	✗	✓	3SR	Rm402	
		08:30-10:20	<u>Lecture</u> (NURS4604) Community & Global Health Nursing Topic: Occupational health in community nursing	✓	✓	3SR	LT1	
		10:30-11:15	Medical Library visit	✓	✓	WMW	LG1	
		12:30-14:00	RPg Seminar	✗	✓	3SR	Rm402	
			14:30-15:30	Conclusion & Feedback session	✓	✓	3SR	Rm301

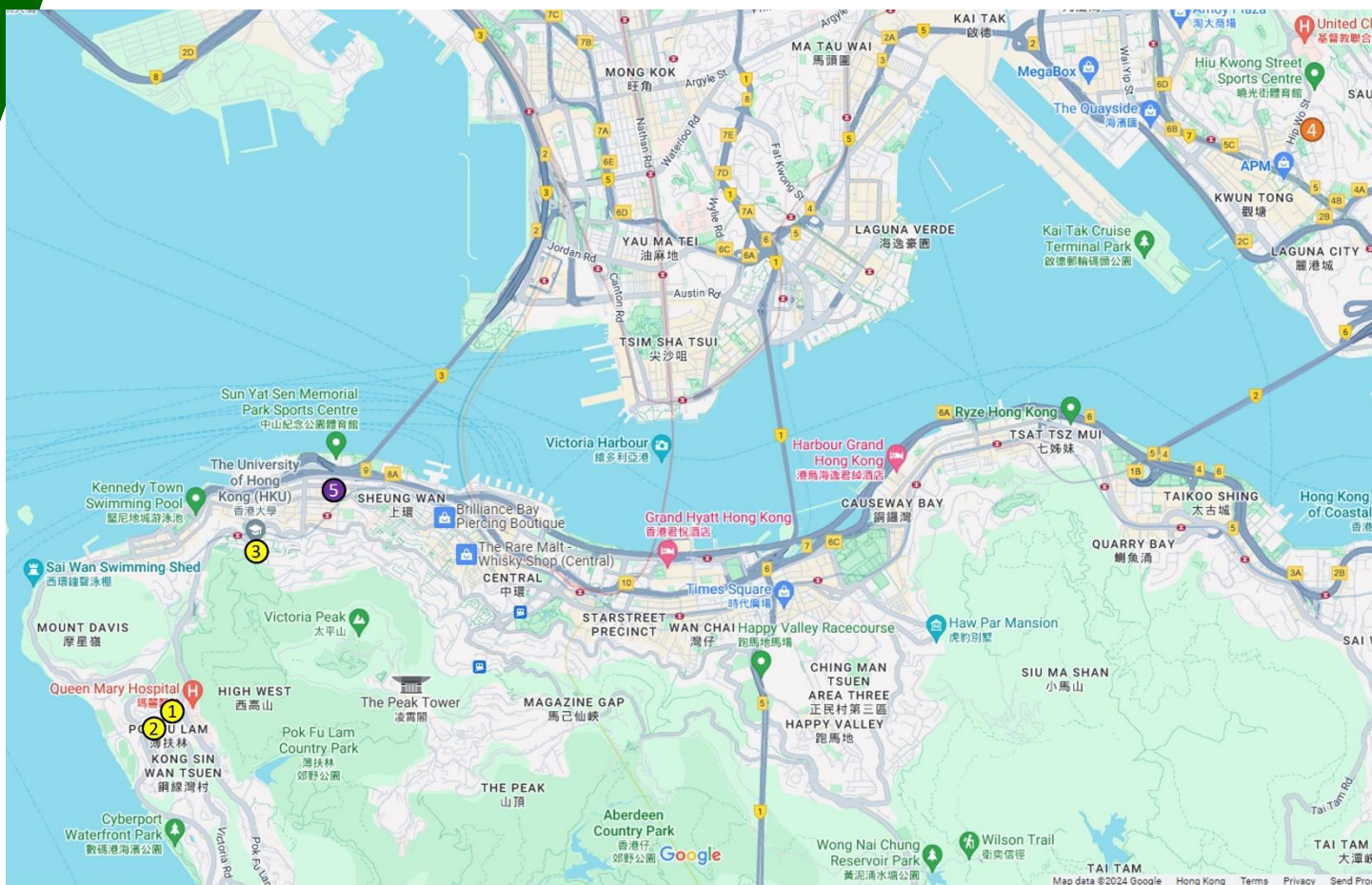
# Dress code

1. Lectures, laboratory sessions, medical library visit held in HKU Medical Campus, HKU Main Campus Tour & HK City Tour (March 20, 2024 (Wed), PM)
  - **Smart casual**
  - ✓ Recommended: plain tops, long / knee length pants, plain shoes / sneakers
  - ✗ NOT appropriate: Yoga pants, ripped jeans, short pants / skirts, crop tops, sleeveless short and flip flops
2. Experiential Learnings
  - a. Visit to United Christian Nethersole Jockey Club Wo Lok Community Health Centre (March 19, 2024 (Tue), 14:30-16:30 & March 26, 2024 (Tue), 09:30-11:30)
    - **Smart casual and comfortable dressing**
    - ✓ Surgical non-woven facial masks

## Things to Bring

1. Your laptop for study and assignment preparation
2. Surgical non-woven facial masks (for at least 2-day use)
  - For visit to community health centre on Mar 19 & Mar 26, 2024 (Tue)
  - When being in crowded areas
  - For times of not feeling well
3. Personal clothes & shoes (please check out Hong Kong weather forecast to pack right.)
4. Personal toiletries
5. Water bottle for drinking water refill
6. Personal medications and/or travel medications for personal use

# Venues



Location	Abbreviation	Address
1	HKU School of Nursing	3SR No. 3 Sassoon Road, Pokfulam
2	Yu Cheung Keung Medical Library	WMW LG1, William M.W. Mong Block, No. 21 Sassoon, Pokfulam
3	HKU Main Campus	--- Pokfulam, Hong Kong
4	United Christian Nethersole Jockey Club Wo Lok Community Health Centre	--- Unit 26-33, G/F, Kui On House, Wo Lok Street, Kwan Tong, Kowloon
5	Ramada Hong Kong Harbour View	--- No. 239 Queen's Road West, Hong Kong.



# Venues

## Yu Chun Keung Medical Library

Yu Chun Keung Medical Library is named in memory of the late Mr Yu Chun Keung for his generous donation and support

The Medical Library provides significant digital resources, multimedia as well as extensive print collections on biomedical and health sciences. The mission is to serve the curriculum, continuing education, research, and patient care needs of the University of Hong Kong and its LKS Faculty of Medicine. The overall aim is to become a regional centre of excellence in support of teaching, research, and scholarship in these fields. It is also a World Health Organization (WHO) Depository Library from 1993 onwards.

### TechMezz

The Library received an upgrade in February 2022 with the opening of a Technology-Enriched Learning Mezzanine (TechMezz) giving students access to the latest virtual reality tools to advance their understanding of anatomy

The open leaning space houses two Anatomage Tables – 3D anatomy and virtual dissection systems designed for anatomy education – alongside 32 virtual reality stations and the latest interactive whiteboards.

Official website:

<https://lib.hku.hk/medlib/facilities.html#15>



# Venues

## United Christian Nethersole Community Health Service

United Christian Nethersole Community Health Service (UNC) is a sub-organization of United Christian Medical Service which provides primary health care via 8 community health centres in Kowloon and New Territories.

There are different social service units such as Good Neighbour Network, Day Care Centre for the Elderly and Integrated Home Care Service Team under UCN.

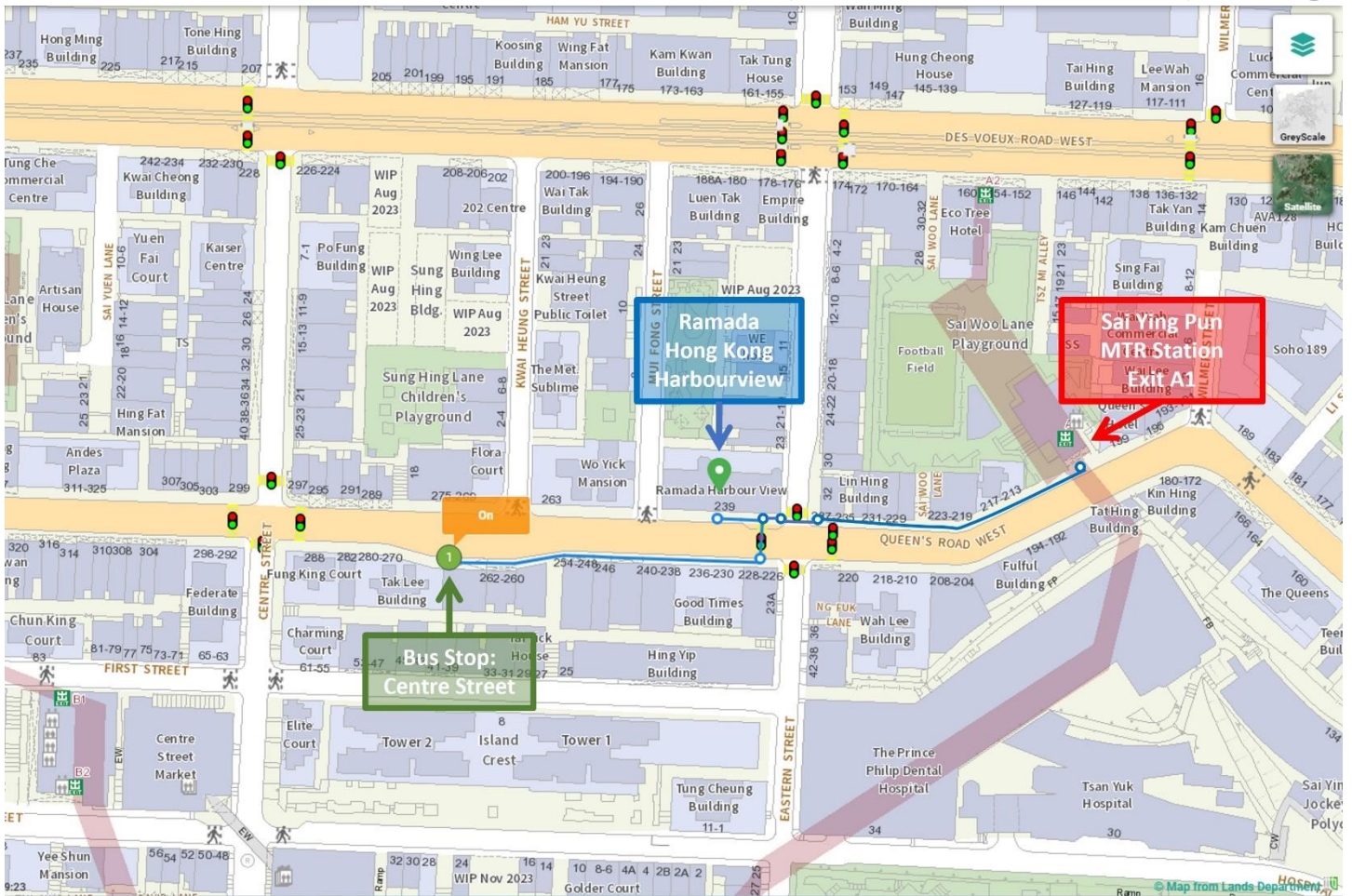
Official Website:

<https://www.ucn.org.hk/en/index/>



# Transportation

## From where you are staying



Origin	Destination	Bus route no.	Boarding stop	Alighting stop	Bus Fare	
Ramada Hong Kong Harbour View	HKU School of Nursing	37A	Centre Street	#34	Queen Mary Hospital	HK\$6.1
		4		#16		HK\$6.7
		4X		#37		HK\$6.7
		7		#18		HK\$6.9
		91		#18		HK\$7.1
		90B		#17		HK\$7.4
United Christian Nethersole Jockey Club Wo Lok Community Health Centre	MTR	1) Sai Ying Pun Station → North Point Station - To take Island Line on platform 1, train towards "Chai Wan"				
		2) North Point Station → Yau Tong Station - To take Tseung Kwan O Line on platform 3, train towards LOHAS Park or Po Lam				
		3) Yau Tong Station → Kwun Tong Station - To take Kwun Tong Line on platform 2, trains towards Whampoa				
		4) Take Exit C2, cross the footbridge, walk up to the Centre by following route shown on the map on P.11.				

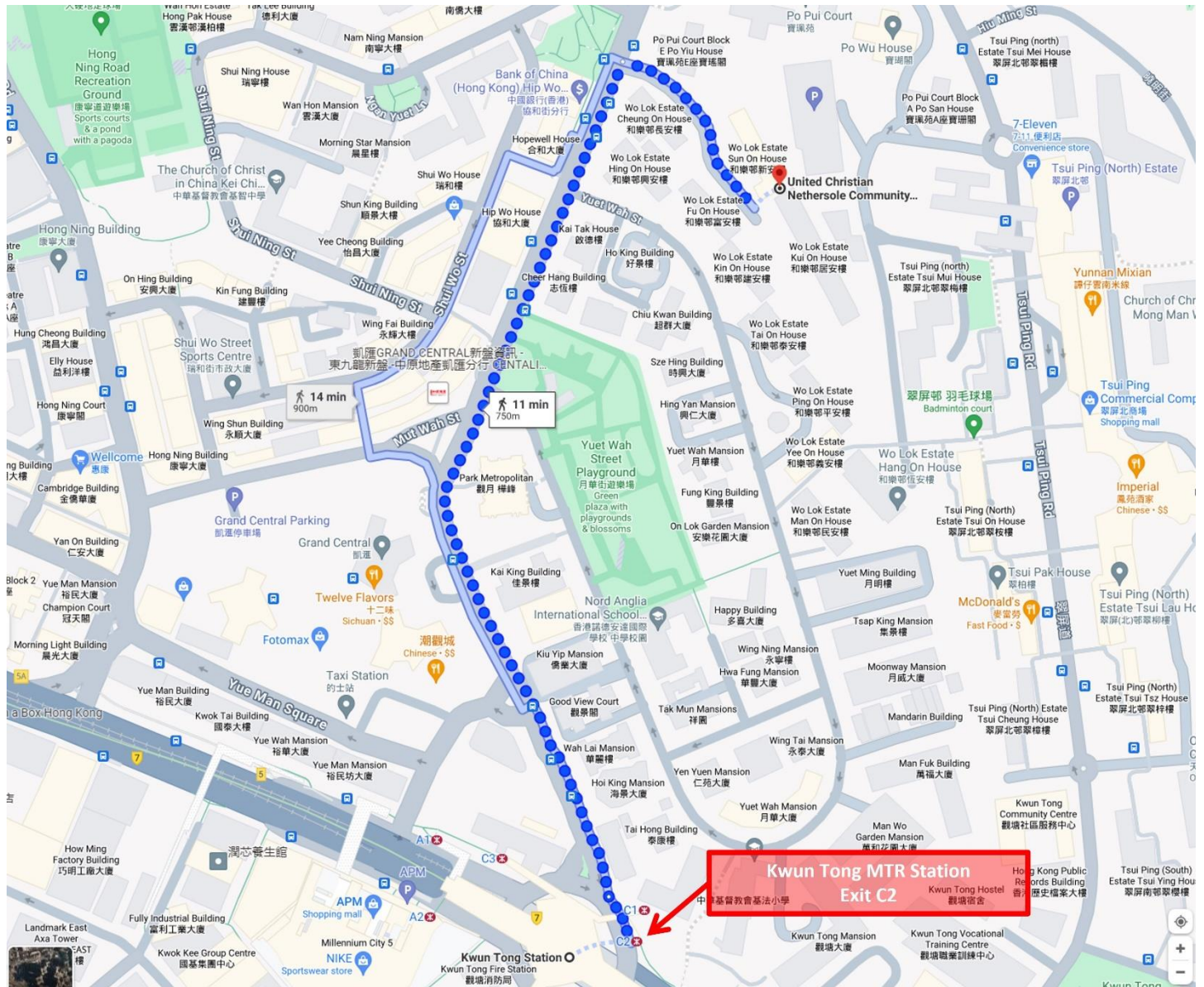
# Transportation

## From where you are staying

FROM: Kwun Tong MTR Station

TO: United Christian Nethersole Jockey Club Wo Lok Community Health Centre

Mode of transportation: Walking



# Transportation

## To where you are staying

Origin	Destination	Bus route no.	Boarding stop	Alighting stop	Bus Fare	
HKU School of Nursing	Ramada Hong Kong Harbour View	7	Queen Mary Hospital	#21	Eastern Street	HK\$5.4
		37B		#18		HK\$5.4
		91		#28		HK\$5.5
		4		#27		HK\$5.5



# Transportation

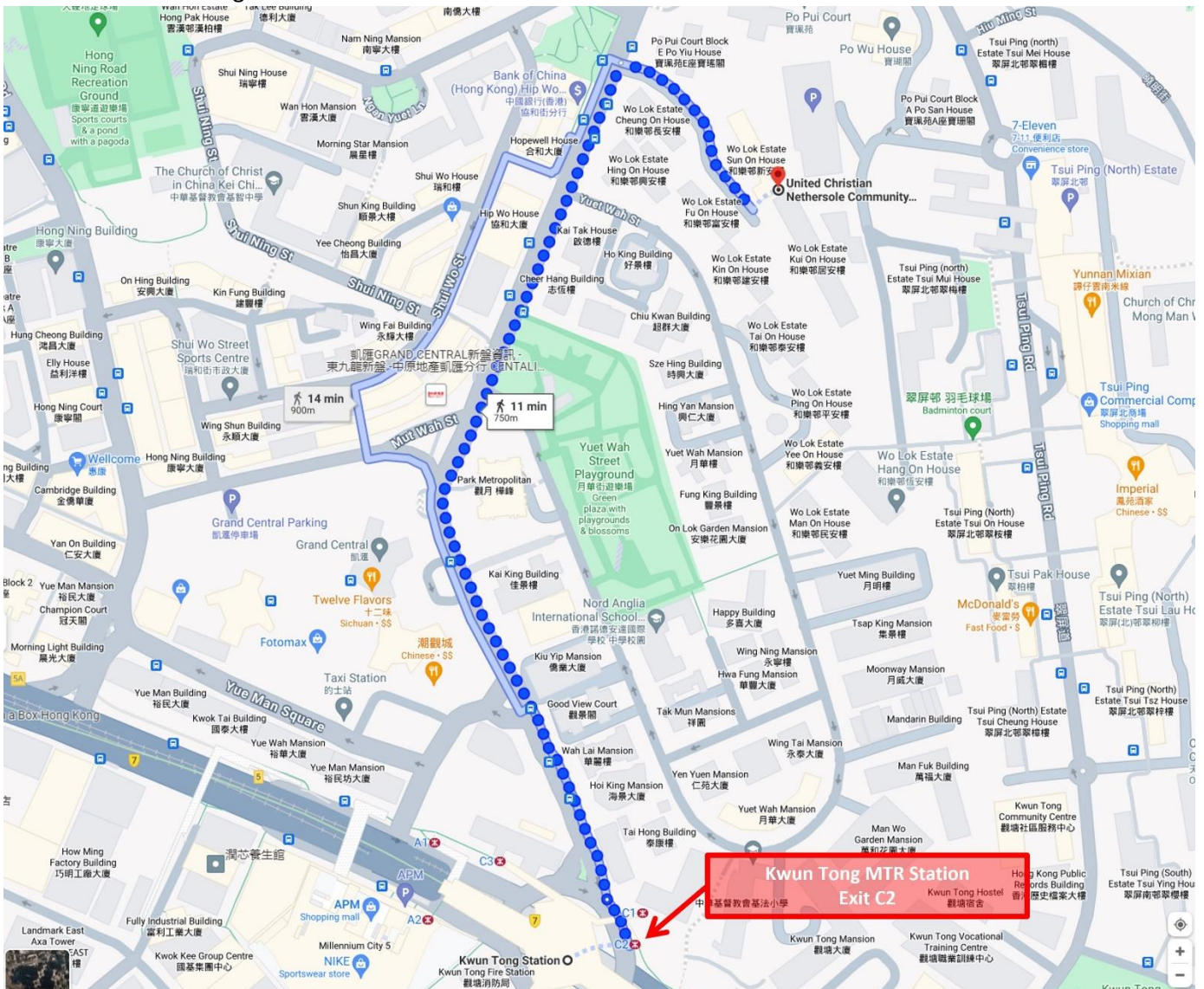
## To where you are staying

FROM: United Christian Nethersole Jockey Club Wo Lok Community Health Centre

TO: Ramada Hong Kong Harbour View

Mode of transportation: Walking & MTR

### 1. Walk to the Kwun Tong MTR Station Exit C2



### 2. Take MTR

1) **Kwun Tong Station** → **Yau Tong Station**

- To take Kwun Tong Line on platform 1, train towards Tiu Keng Leng

2) **Yau Tong Station** → **North Point Station**

- To take Tseung Kwan O Line on platform 4, train towards North Point

3) **North Point Station** → **Sai Ying Pun Station**

- To take Island Line on platform 2, train towards Kennedy Town

4) Leave the **Sai Ying Pun Station** via Exit A1, follow the route on P.12 to return to your place of stay.

# Communication during the exchange programme

Discord is an instant messaging platform for users to communicate with each other by voice calls, text messaging, sending and receiving media and files. It could be accessed via mobile device or computer. Announcements and useful information of HKUSON Incoming Student Exchange Programme will be disseminated via Discord server “*HKUSON Incoming Student Exchange 2024 - Osaka U*”.



Official website:

<https://discord.com/>

To join us, please follow these steps:

1. Create your account at Discord's
  - Official website: <https://discord.com.hk/>,  
or
  - APP which could be downloaded to your mobile devices at  
<https://discord.com/download>
2. Join our group “*HKUSON Incoming Student Exchange 2024 - Osaka U*” by clicking this link:  
<https://discord.gg/XKANzddz>

For ease of Identification, please set your *Display Name* as “*first name + abbreviation of your university*”, i.e. Ellie HKU (Path: User > My Account > Display Name).

Download the App

Android




IOS





Join the server “*HKUSON Incoming Student Exchange 2024 - Osaka U*”



For **emergency**, you may contact the HKU School of Nursing General Office:

 tel 3917 6954 (Ms Ellie Mak)

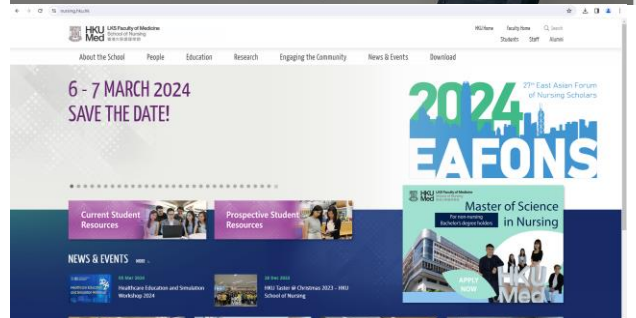
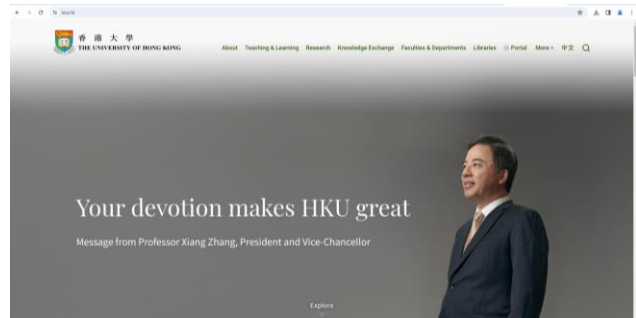
 tel 3917 6619 (Ms Maria Cheung)

 tel 3910 3191 (Ms Karen Lam)

# Something you need to know about HKU

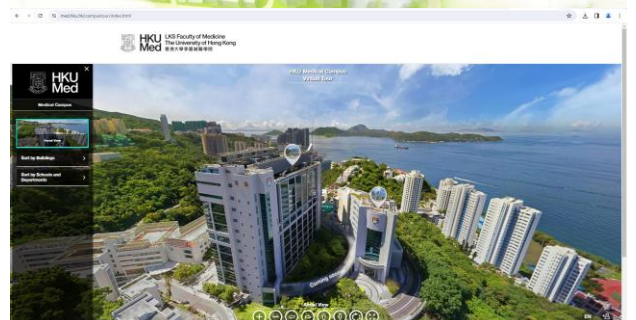
## About us

- The University of Hong Kong  
<https://www.hku.hk/>
- HKU School of Nursing  
<https://nursing.hku.hk/>



## Campus Map

- HKU Main Campus (virtual)  
<https://vtour.hku.hk/>
- HKU Medical Campus (virtual)  
<https://www.med.hku.hk/campustour/index.html>



## Campus Catering

- Catering outlets in Medical Campus / Sassoon Road Campus:  
<https://www.cedars.hku.hk/campuslife/catering/catering-outlets/#SR>

## Campus WIFI Connection

- For students whose home institution is **Eduroam** member:  
Network: **eduroam**  
Login: **your personal email account in home university**  
Procedure to configure: <https://its.hku.hk/kb/accessing-eduroam-wifi-service/>
- For other students:  
Network: **Wi-Fi.HK via HKU**  
Procedure to configure: <https://its.hku.hk/kb/accessing-wi-fi-hk-via-hku-service/>



# Something you need to know about Hong Kong

## Discover Hong Kong

<https://www.discoverhongkong.com/eng/index.html>

## Hong Kong's weather

Weather of Hong Kong in March is generally warm (between 16°C to 22°C) and humid (relative humidity over 80%). Air traffic and ferry services are occasionally disrupted because of reduced visibility under drizzle and foggy weather.

- 9-day weather forecast: <https://www.hko.gov.hk/en/wxinfo/currwx/fnd.htm>
- Climate of Hong Kong: <https://www.hko.gov.hk/en/cis/climahk.htm>

## Octopus

**Octopus** is a smart contactless payment tool widely accepted by public transportation, restaurants and shops. It takes different forms for tourists:




- Octopus on iPhone or Apple Watch
- Huawei Pay Octopus
- Physical Octopus Cards
  - Tourist Octopus (Sold version)
  - On-Loan Octopus

Details are available at **Octopus's** website. Please check it out to get yourself the version best fit your own use.

- About Octopus:  
<https://www.octopus.com.hk/en/consumer/tourist/what-is-octopus/index.html>
- Choice of Octopus for tourist:  
<https://www.octopus.com.hk/en/consumer/tourist/choices/index.html>

## HK e-Mobility










This is an all-in-one mobile application for users to search for routes of different transportation mode, journey times and fares, and disseminate real-time traffic news to enable users to plan for the most appropriate travel arrangements

	Official website	APP downloading	
		Android	IOS
	<a href="https://www.hkemobility.gov.hk/en/route-search/pt">https://www.hkemobility.gov.hk/en/route-search/pt</a>		

# Something you need to know about Hong Kong




## Public Transportation

Bus and MTR are core public transportation in Hong Kong. Their APP could provide instant bus arrival time and route searching functions:










	Official website	APP downloading	
		Android	IOS
<b>MTR</b> 	<a href="https://www.mtr.com.hk">https://www.mtr.com.hk</a>		
<b>Citybus</b> 	<a href="https://citybus.com.hk">https://citybus.com.hk</a>		
<b>Kowloon Motor Bus</b> 	<a href="https://kmb.hk">https://kmb.hk</a>		

## Food & Dine

These are websites and applications on restaurant directory and food delivery commonly used in Hong Kong.

	Official website	APP downloading	
		Android	IOS
<b>Restaurant Directory</b>			
<b>Open Rice</b> 	<a href="https://www.openrice.com/en/hongkong">https://www.openrice.com/en/hongkong</a>		

# Something you need to know about Hong Kong

	Official website	APP downloading	
<b>Food Delivery</b>			
<b>Deliveroo</b> 	<a href="https://deliveroo.hk/en/">https://deliveroo.hk/en/</a>		
<b>Food Panda</b> 	<a href="https://www.foodpanda.hk/">https://www.foodpanda.hk/</a>		
<b>KeeTa</b> 	<a href="https://www.mykeeta.com/">https://www.mykeeta.com/</a>		

More to be discovered by YOU!





5/F, Academic Building, 3 Sassoon Road, Pokfulam, Hong Kong.



<https://nursing.hku.hk>